



# Male Gymnastic Skill Chart



= I have MASTERED this skill!



## Level 1

Gymnast Name:

Sokol Unit:

Sokol Year:

| <u>Vault</u>                                    | ★ | <u>Horizontal Bar</u>   | ★ | <u>Pommel</u>   | ★ | <u>Rings</u>  | ★ | <u>Floor Exercise</u>  | ★ | <u>Parallel Bars</u>   | ★ |
|---|---|---|---|---|---|---|---|--|---|--|---|
| Run, Hurdle 2-foot contact on springboard       |   | <b>Pullover</b> (bar chest high) to front support (spot allowed)    |   | <b>Jump to front support-hold</b>   |   | (Shoulder high) <b>Jump to bent hip hang</b>        |   | <b>Arabesque</b> (modified scale)<br><b>Tripod</b>                                   |   | (From end of bars) <b>Jump to straddle seat</b>                            |   |
| Jump from board in tuck position                |   | <b>Cast</b> (hips leave the bar) Return to front support            |   | <b>2-full pendulum leg swings</b>   |   | <b>Inverted hang</b>                                |   | (From squat) <b>Forward roll</b> (end in support squat)                              |   | (From straddle seat, hands in front) <b>Swing to straddle seat</b>         |   |
| Stuck landing (from tuck jump) from springboard |   | <b>Alternatively change hands to undergrip</b>                      |   | (From front support) <b>Dismount to stand with 1/4 turn in either direction</b> |   | <b>Lower from bent hip hang</b> (feet touch ground) |   | (From squat) <b>Backward roll, kicking legs straight back</b> (end in support squat) |   | (From straddle seat, hands in back) <b>Raise legs to tuck-hold 2-3 sec</b> |   |
|   |   | (In undergrip) <b>Roll forward dismount</b> (stand-in front of bar) |   |   |   |   |   | (From push-up position) <b>drag legs forward to straddle stand</b> (end in sidearm)  |   | (2 or 3) <b>Support swings-front &amp; back</b>                            |   |
|   |   |   |   |   |   |   |   | (From squat) <b>Forward roll to stand; straight jump</b>                             |   | (2 or 3) <b>Swings to front dismount over bars</b>                         |   |

\*there are no mushroom skills for Level 2